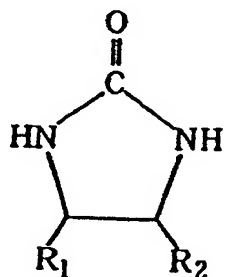


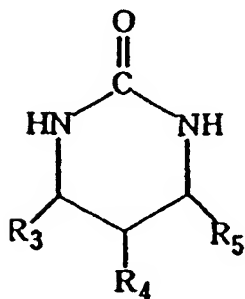
ABSTRACT OF THE DISCLOSURE

There is disclosed an ink for ink jet which produces a high quality level image, is superior in intermittent ejection stability from an ink jet recording head, and can inhibit printing distortion or ejection defect from being caused by a thickened material of the ink attached to an ejection port surface. The ink contains colorant-containing resin fine particles, pigment fine particles, at least one of a compound represented by the general formula (I) and a compound represented by the general formula (II), and a polyhydric alcohol:

General formula (I)



General formula (II)



wherein  $R_1$  to  $R_5$  are independently each a hydrogen atom,  $CH_3$  or  $C_2H_5$ .